

Center Hours

Monday—Thursday
7:00 a.m.—3:30 p.m.

Friday
7:00 a.m.—1:00 p.m.

Mattamuskeet Senior Center
County Of Hyde
Darlene Berry, Senior Director
Leah Gibbs, Assistant
Phone: 252-926-1956
Fax: 252-926-9356
E-Mail: dberry@hydecountync.gov

Lunch Program
Monday—Friday
11:30 a.m.

For seniors 60 and over.

Mission Statement
The Mission:
To enhance the quality of life for all
older adults and to promote partici-
pation in all aspects of the
community.

Mattamuskeet Senior Center
160 Juniper Bay Road
Swan Quarter, NC 27885

THE SENIOR CONNECTION
MATTAMUSKEET SENIOR CENTER
Life is great when you participate!

JULY, 2012

BIRTHDAY CELEBRATION

The Senior Center will be celebrating birthday’s in August. All twelve months will be celebrated. This is our first fundraising for the fiscal year.

August 17, 2012



7:00 p.m.

Admission Fee: “Your Shoe Size”

Come out and support the senior center and the senior’s in the county.

Cake and punch will be served.

If you need a ride, call Hyde Transit, 626-1637

Programs at the Center

Morning Chat and Coffee —Monday –Friday at 9 a.m.

Come in and have a cup of coffee and fellowship with each other.

Before and After — Monday & Wednesday’s 9:45 a.m.

Have you Blood Pressure taken before Exercise Class and After Class

Arthritis Exercise — Monday & Wednesday’s 10—11:00 a.m.

Exercise Program through the Arthritis Foundation, taught by certified instructor

Walkers — Tuesday and Friday’s 9:30 a.m.

Walking program , Walk inside or outside, Walk at your own pace.

BINGO—Pantry — Tuesday’s 10:00 a.m.

Play BINGO, bring an item from your pantry. All items will be taken to the food bank.

BINGO—Friday’s 10:00 a.m.

Play BINGO, bring a prize, win a prize, or just play for fun.

Quilters — 1st Tuesday of each month 1:00 p.m.

Bring your material, we can show you how to get started.

Morning Dance Club — Thursday’s 10:00 a.m.

Enjoy moving with the Dance Wii, You move at your own pace, sitting or standing

Programs at the Center

Wii — Friday’s anytime up to 1pm

Have fun playing the Wii, bowling, baseball, fishing

Knitters -- 2nd Tuesday of each month

Bring your knitting things and knit together as a group

Board Games —2nd Thursday — all day

Come play some board games, yahtzee, checkers, chess

Art Group —3rd Thursday 1:00 p.m.

Different art projects will be taught, small fee will apply.

Square Table Discussions — 4th Thursday 11:30 a.m.

Come and eat lunch and discuss Aging Issues.

Happy Happy Birthday — 4th Monday 11:30 a.m.

Celebrate that month’s birthday .

Sewing — 4th Wednesday 1:00 p.m.

If you like to sew or would like to learn — this is for you.

Coffee with Expert — 3rd Monday 9:00 a.m.

Come and have coffee with the Expert, a different expert each month.

Lunch — Monday—Friday 11:30 a.m. (donations for meals)

Financial Support

Mattamuskeet Senior Center is committed to bringing quality programs & services to older adults in our county, many at no charge. To do this, donations are needed and appreciated. Individuals and organizations can contribute to the following areas:

- ♦ **General Support**— for the general operating expenses of Senior Services
- ♦ **Homebound Meals (Meals on Wheels)** - to provide meals to a senior who cannot cook for themselves and cannot come to the lunch program at the center. All meals are delivered by volunteers.

Donations are tax deductible.



VOLUNTEERS NEEDED

The Mattamuskeet Senior Center is in need of volunteers to help with home delivered meal route in Engelhard. Meals are delivered Monday through Friday and are picked up at the Mattamuskeet Village in Engelhard. We need volunteers for at least one day a week on this route. If volunteers are not available, that means the meals may have to be stopped.

Volunteers must have a current valid North Carolina driver's license and their own transportation. Routes are no longer than one hour. Interested persons should call Darlene Berry or Leah Gibbs at the center, at 926-1956.

If you do not live in Engelhard area but are interested in volunteering for a home delivered meals route, please call us for information about how to volunteer for home delivered meals routes in your area.

WE'RE TAKING A BREAK.... BUT WE'LL BE BACK!

Two of the programs at the Senior Center will be on "vacation" for awhile , but will return in August and September.

The **Arthritis Exercise** program which meets on Monday and Wednesdays at the center will not be meeting the month of July but will resume meeting in August.

The **Zumba** class taught by Elaine Denton which meets on Monday and Wednesday evenings will not be meeting the month of July and August but will resume in September.

If you are not a participant in these programs but are interested in learning more about them, please call Darlene or Leah at the center, 926-1956.



SENIOR SERVICES HOLIDAY SCHEDULE



The Senior Center will be closed for the
4th of July Holiday on
Wednesday, July 4, 2012.

There will be no congregate or home delivered meals
served on this day. Our center will reopen on
Thursday, July 5th at 7:00 a.m.
Have a Safe and Happy Holiday!!

COFFEE WITH THE "EXPERT"

Come join us for coffee on

Monday, July 16, 2012 at 9:00 a.m.

Justin Gibbs, Emergency Management

Will be here to talk about
Hurricane Preparedness

